

Week One SUMMER				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Meat Main:</b> Pasta carbonara (GF/DF free Available)</p> <p><b>Vegetarian Main:</b> Creamy garlic mushroom pasta (V) <b>(Gf available)</b></p> <p><b>Served with:</b> Peas (v) Carrots (v) Sweetcorn(v)</p> <p><b>Alternative to main:</b> Jacket Potato (ve) Cheese (Ve available)</p> <p><b>Salad Bar</b> – Assorted salads (v) (ve)</p> <p><b>Side:</b> Wholemeal bread roll Gluten free wraps available (V/VE)</p> <p><b>Dessert:</b> Fresh fruit pots, Jelly and Yoghurts (V/GF)</p> <p><b>Mid-morning Snack</b></p> <p><b>Mini malt loaf</b> (GF/DF/V available)</p>	<p><b>Meat Main:</b> Sweet and sour chicken. (GF/DF/SF) Chow mien. (Plain Chicken Available)</p> <p><b>Vegetarian Main:</b> Sweet and sour Quorn pieces (VF)</p> <p><b>Served with:</b> Rice (v) Steamed Chinese vegetables. (v)</p> <p><b>Alternative to main:</b> Jacket Potato (ve) Cheese (Ve available)</p> <p><b>Salad Bar</b> – Assorted salads (v)(ve)</p> <p><b>Side:</b> Wholemeal bread roll Gluten free wraps available (V/VE)</p> <p><b>Dessert:</b> Fresh fruit pots, Jelly and Yoghurts (V/GF)</p> <p><b>Mid-morning Snack</b></p> <p><b>Sliced bagel with cream cheese.</b> (GF/DF/V available)</p>	<p><b>Meat Main:</b> Pulled pork served with a flour bap (DF/GF free Available)</p> <p><b>Vegetarian Main:</b> Caramelized red onion quiche. (V) <b>(DF/GF free Available)</b></p> <p><b>Served with:</b> Corn nibbles (V) Stuffing Sage &amp; onion (V) Apple sauce (V)</p> <p><b>Alternative to main:</b> Jacket potato (v/ve/df) Cheese (Ve available)</p> <p><b>Salad Bar</b> – Assorted salads (v)(ve)</p> <p><b>Side:</b> Wholemeal bread roll Gluten free wraps available (V/VE)</p> <p><b>Dessert:</b> Fresh fruit pots, Jelly and yoghurts. (V/GF)</p> <p><b>Mid-Morning snack</b></p> <p><b>Cheese swirls</b> (GF/DF available)</p>	<p><b>Main:</b> Chicken and chorizo tray bake (Plain Chicken Available G/F)</p> <p><b>Vegetarian Main:</b> Potato, broccoli and cheese tray bake (V) (DF/GF free Available)</p> <p><b>Served with:</b> Lemon cous cous (V/VE) Broccoli Paprika roasted cauliflower (VE/V)</p> <p><b>Alternative to main:</b> Jacket potato (V/VE/DF) Cheese (Ve available)</p> <p><b>Salad Bar</b> – Assorted salads(v)(ve)</p> <p><b>Side:</b> Wholemeal bread roll Gluten free wraps available(V/VE)</p> <p><b>Dessert:</b> Fresh fruit pots, Jelly and Yoghurts (V/GF)</p> <p><b>Mid-Morning snack</b></p> <p><b>Anzac cookie</b> GF/DF cookies available)</p>	<p><b>Main:</b> Fish cakes (DF) (DF/GF free Available)</p> <p><b>Vegetarian Main:</b> Veggie fingers (V/VE)</p> <p><b>Served with:</b> Home-made skin on chips (v) Peas (ve) Seasonal Vegetables (V) Tartare sauce</p> <p><b>Alternative to main:</b> Jacket potato (V/VE/DF) Cheese (Ve available) Beans (Ve)</p> <p><b>Salad Bar</b> – Assorted salads (v) (ve)</p> <p><b>Side:</b> Wholemeal bread roll Gluten free wraps available(V/VE)</p> <p>Fresh fruit pots, Jelly and Yoghurts (V/GF)</p> <p><b>Mid-Morning Snack</b></p> <p><b>Banana cake</b> (GF/DF/V)</p>

Dairy and gluten free alternatives will be available daily

GF – Gluten Free    V – Vegetarian    Ve – Vegan